

Ron Fontaine/U.S. Navy photo

ON THE RUN — Capt. Ricardo Medal, right, Commanding Officer, Marine Corps Detachment, leads about 65 runners on Nov. 2 in the Toys for Tots Run rom Building A-71 on a 1.5 mile course to the Navy Exchange and back. Toys for Tots is sponsored by the Marine Corps Reserves. Story, another picture, Page 2.



3 ex-smokers breathe easier

Three former smokers praise the quality of the Tobacco Cessation Program at Naval Ambulatory Care Center, Newport.

— Page 3



Retired O-8 retires again

Retired Rear Adm. Strasser retires again this time as executive director of the Naval War College Foundation.

— Page 4



NAVSTA IAs back from Iraq

NAVSTA Individual Augmentees return from nine months' duty at a detainee internment facility in northern Iraq.

— Pages 10-11

Kids in need to benefit from Toys for Tots Run

By JOY CHRISTMAS

NAVSTA Public Affairs Staff

The runners participating in the Marine Corps Reserves Toys for Tots Run/Walk last Thursday dismissed the damp chilly weather with the thoughts of putting smiles on the faces of boys and girls less fortunate this coming holiday season.

More than 65 personnel, mostly Marines, turned out for the annual event started by the Marine Corps Detachment (MARDET) at Naval Station Newport in 2001.

Sgt. Candie Coleman, who is attending the Broadened Opportunity for Officer Selection and Training (BOOST) Program, said she didn't hesitate to

"We do it for the kids," said Sgt. Coleman, who did some stretching before the run. "There is a need. Every little child should receive something special for the holidays."

In addition to the staff of MARDET and students in the BOOST program at Officer Training Command-Newport (OTC-N), students from Naval Justice School (NJS), the Naval War College and two civilian personnel from the Naval Criminal Investigative Service carried new, unwrapped toys on a 1.5-mile course.

Coddington Point, onto the Toys for Tots Run last week. Navy Exchange, made a loop through the NEX parking lot

and back to MARDET. On their return to MARDET, they were greeted by Staff Sgt. Manases Cabrera of the Providence Inspector-

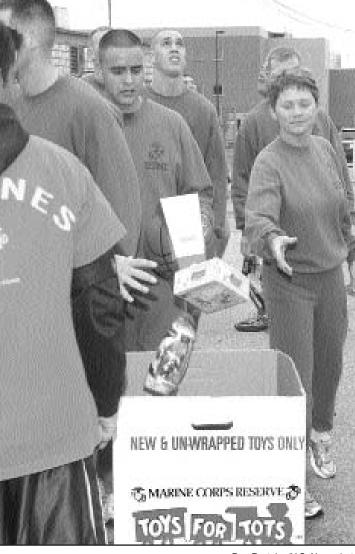
Island Toys for Tots campaign, where toys were deposited in a large collection box.

Staff Sgt. Cabrera serve and make an impact at home.' said, last year more than 41,000 toys were collected and distributed

about 17,000 kids in Rhode Island, and hopes to exceed those numbers this year.

"You will give hope to so many kids in Rhode Island this holiday season, said Cabrera to the participants before the start of the run. "As we serve overseas, this is an opportunity to serve and make an impact at home. We appreciate you coming out today."

Marine Col. Terry Reid, a student in the



Ron Fontaine/U.S. Navy photo SANTA'S HELPERS — Gunnery Sgt. Kimberly Simone, The runners followed a route right, Marine Corps Detachment, tosses her gift into the across the pedestrian bridge to collection box at the end of the Marine Corps Detachment

> Senior Course at the Naval War College, came out to participate with his wife, Jackie.

"I strongly supported the program while in command in Okinawa," said Col. Reid. "As a Instructor Staff, coordinators of the Rhode student I took off to support the program this

year. 'You will give hope to so many kids in are a lot of Rhode Island this holiday season. As we needy chilserve overseas, this is an opportunity to there."

The race is

lecting toys for

Toys for Tots.

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for col-

—Staff Sgt. Manases Cabrera just USMC I & I, Providence

The collection will continue through mid-December. Toys for Tots donation boxes are located at various commands throughout NAVSTA and at all U.S. Post Offices, as well as other locations throughout the state.

For more information about the Toys for Tots Program, contact Cabrera in Providence at (401) 461-2473.

Forrestal Sailors plan wreath-laying for Veterans Day

By RICHARD ALEXANDER

Navalog editor

About 100 members and family of the USS Forrestal Association will hold wreathlaying ceremonies at the brow of the decommissioned aircraft carrier at Pier 1, Naval Station Newport, on Saturday at 10:45 a.m.

The annual Veterans Day ceremony remembers lost crewmembers, many of whom died in 1967 when a fire broke out aboard ship off the coast of Vietnam. The ship was decommissioned in 1993.

Other observances will be held across Rhode Island Saturday.

holiday, formerly The Armistice Day, marks the end of hostilities in World War I on the 11th hour of the 11th day of the 11th month in 1918.

Navy Band Northeast's Marching Band will march in the East Greenwich Veterans Day parade at 10 a.m.; and a Naval War College color guard and NAVSTA Newport staff Chaplain (Cmdr.) Mitchell Schranz will participate in the annual Fall River, Mass., Veterans Day parade and ceremony at 2 p.m.

The Fall River War Veterans Council said Chaplain Schranz also will give opening and closing prayers at the Veterans Day observance after the parade in the Municipal Veterans Memorial center, 72 Bank St.

A Naval Health Clinic New England/Naval Ambulatory Care Center color guard and a Marine Corps Detachment color guard will march in the annual South Kingstown Veterans Day parade and ceremony at 10 a.m.

Navy Band Northeast's rock band, Rhode Island Sound, will perform aboard a parade float on Saturday in the Veterans Day parade in New York

In Newport, the United Veterans Council of Newport County and Newport VFW, will hold ceremonies Saturday at 11 a.m. outside City Hall.

Army Maj. Darman C. Place Jr., a Naval War College student, will be guest speaker

As in past years, the Newport Artillery Company, veterans organizations of Newport County, the Rogers High School Army Junior ROTC, clergy, city and legislative officials as well as local area townspeople will participate and attend the observance.

The Miantonomi Memorial Park Commission's stone tower will be open to the public on Saturday from 12:30 to 2:30

Portsmouth American Legion also will sponsor Veterans Day ceremonies on Saturday at 9 a.m. at Town Hall on East Main Road, post commander Vincent D'Andrea



Commanding Officer, Naval Station Newport

Lisa Rama NAVSTA Public Affairs Officer Ron Fontaine

Bob Krekorian NAVSTA Public Affairs Staff Joy Christmas

Greg Kohlweiss NAVSTA Public Affairs Staff Richard Alexander

NAVSTA Public Affairs Staff NAVALOG Editor NAVSTA Public Affairs Staff The Newport Navalog is published weekly by Edward A. Sherman Publishing Co., a private firm in no way connected with the U.S. Navy, under exclusive written contract with the

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Three quitters proud of it

Former smokers complete tobacco cessation classes

By JOY CHRISTMAS

NAVSTA Public Affairs Staff

In conjunction with the 30th annual Great American Smokeout sponsored by the American Cancer Society, Navy Smokeout Day on Nov. 16 will focus on encouraging tobacco users to quit for at least 24 hours.

The goal is to get smokers—and smokeless tobacco users— to abstain a day at a time, eventually getting them to kick the habit for good.

That's the method Maria Carroll used, with the help of the Tobacco Cessation Program provided by the Health Promotion Clinic at Naval Health Clinic New England (NHCNE), Naval Ambulatory Care Center (NACC) Newport.

After smoking a half a pack of cigarettes for 46 years, the retired Navy captain is smokefree. Smoking her last cigarette on April 22, 2005, Carroll said the power it had over her was horrifying.

"I acknowledged it was an addiction," said Carroll, who served in the Navy Nurse Corps for 30 years. "To view myself in that category was frightening. I realized it was no different than being addicted to cocaine or heroin."

"The group support is very valuable," she said. "You can share your story or your struggle and you'll have the support of the other people in the group saying you can do this. You don't feel you're going it

Carroll turned to cigarettes at age 21 after seeing fellow nursing students smoking to relieve stress from their grueling coursework.

Unlike Carroll, the third time was the charm for 78-year-old Inman McLeroy, who started smoking at 15. Although he has been smoke-free for three months, McLeroy confesses he still has nicotine urges.

"The biggest problem was getting over that morning cigarette with my coffee," he said. "I don't want to give anyone the impression that because I haven't smoked, that I don't have cravings. I'm fighting it,









Ron Fontaine/U.S. Navy photos

WE QUIT — From left, former smokers Inman McLeroy, 78, declines a cigarette; Maria Carroll stands next to a copy of A Smokers Prayer; and Army Sgt. James Buckley stands below a Navy Smokeout promotion. All three successfully completed the Tobacco Cessation Program at Naval Health Clinic New England, Naval Ambulatory Care Center (NACC) Newport.

but so far I've been successful." smoke cessation classes at the patch. suggestion of his doctor. On all

three attempts McLeroy sup- attempts, McLeroy twice tried NACC plemented with a nicotine removed the patch to smoke,

On the first two unsuccessful QUITTERS, Page 17

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Retired Adm. Strasser retires again—from NWC Foundation

By RYAN GALLUCCI NWC Public Affairs Office

Former Rear Adm. Joseph C. Strasser will retire from the Naval War College...again.

Strasser, the 45th president of the college, who retired from the Navy in 1995, will retire as executive director from the Naval War College Foundation this month.

"When you consider his five years as a foundation trustee, and his six years as executive director of the Naval War College Foundation, it is safe to say that no single individual has had a greater impact on this great institution than Joe Strasser," said Rear Adm. Jacob L. Shuford, NWC president, during a ceremony to honor Strasser. "He helped to make (the college) better in virtually every manner."

For the foundation, Strasser helped to coordinate dozens of guest lectures at the college, as well as a number of major renovations that would not have been possible without foundation contributions.

"The foundation makes this school what it is," said Professor John Jackson, the director of long rang planning who was hired by Strasser in the 90s.



MCC Bob Inverso/U.S. Navy photo

Retired Rear Adm. Joseph Strasser, left, executive director of the Naval War College Foundation, and Naval War College president, Rear Adm. Jacob Shuford cut a ribbon on Oct. 31 to dedicate the dining hall in Hewitt Hall to Strasser in recognition of his contributions.

"Strasser and his reputation in the community have allowed our state-of-the-art facilities to expand—whether it's through the new Chairman's Classroom or the War College library—his impact on the War College will be felt for decades."

The foundation is a nonprofit organization designed to support the college. It helps raise money within the community, similar to an alumni association, to ensure that current students have the best

STRASSER, Page 17

NEX to reward A-OK students

By KRISTINE M. STURKIE
NEX Service Command Public Affairs

VIRGINIA BEACH, Va. (NNS) — The Navy Exchange's A-OK Student Reward Program will hold a drawing Nov. 30 to help four students pay for a college education.

The winners will receive either a \$5,000, \$3,000, \$2,000 or \$1,000 U.S. savings bond, denominations at maturity.

"Since 1997, the A-OK Program has awarded \$372,000 in savings bonds to students who have entered the drawing," said Mike Mongin, operations specialist at the Navy Exchange Service Command (NEXCOM). "Navy Exchanges

exist to support our Navy families. The A-OK Student Reward Program is just another way we support our Navy families."

Any eligible full-time student who has a B grade point average equivalent or better, as determined by their school system, may enter the drawing

Eligible students include dependent children of active-duty military members, Reservists and military retirees enrolled in first through 12th grade. Dependent children without an individual dependent identification card must be accompanied by their sponsor to submit their entry.



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Ron Fontaine/U.S. Navy photo

HEAVY LIFTING — A front end loader on Nov. 2 removes net floats, retrieved in contracted cleanup operations in Narragansett Bay, from one of eight tractor trailer trucks that arrived south of Pier 1 at Naval Station Newport. Contractor MCC Construction of Storrs, Conn., began removing 90 net floats from the shoreline last week, and the work is expected to be completed by Dec. 26. The floats were used by the Navy to hold antisubmarine and torpedo nets in position throughout the bay during World War II.

Clinic extends Flu Mist hours

Naval Health Clinic New England (NHCNE – Medical) has extended the hours at the Immunization Clinic for the administration of Flu Mist. As of Newport Navalog deadline, wassstill unavailable.

Flu clinic hours at Naval a.m. and 2 to 3:30 p.m. Ambulatory Care Center, Newport, on Monday, Wednesday and Friday, will remain for Thanksgiving from 8 a.m. to noon.

On Tuesday and Thursday the Flu Clinic will be open from 8 a.m. to noon and 3 to 4:15 p.m.

NHCNE - Medical is providing vaccinations for: dependent beneficiaries and retirees, Security and the Fire Department and active duty/civilian staff of NHCNE.

The Flu Clinic is hoping the extended hours on Tuesdays and Thursdays will facilitate the vaccination of school chil-

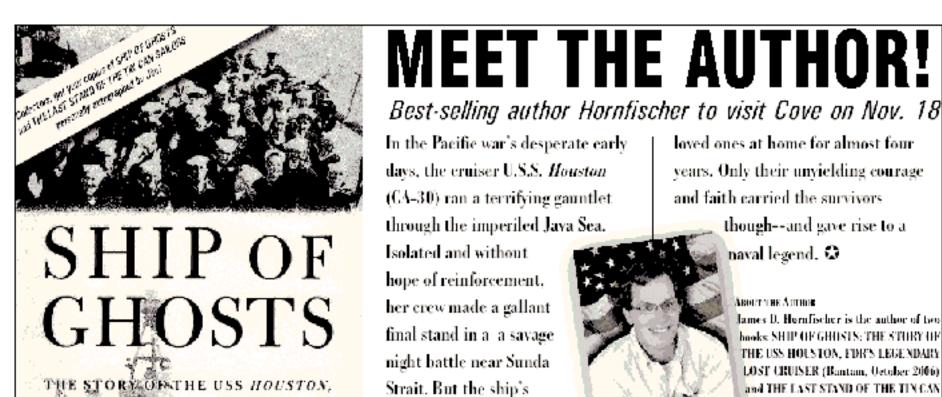
King Hall will continue to the injectable flu vaccine vaccinate the other tenant commands on NAVSTA, 8 to 11

FFSC to close

The Fleet and Family Support Center (FFSC) will be closed for business on Nov. 23 and 24 in observance of the Thanksgiving holiday.

The office will reopen for business on Monday, Nov. 27.

If there is a need for immediate assistance, please contact the Naval Station Newport quarterdeck at 841-3456.



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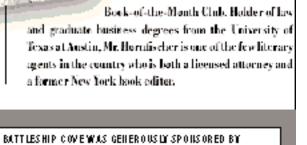
loved ones at home for almost four years. Only their unyielding courage and faith carried the survivors.

> though--and gave rise to a naval legend. 🖸

Аволтатия Алтиок lames D. Hurnfischer is the author of two books: SHIP OF GHOSTS: THE STORY OF THE USS HOUSTON, FOR'S LEGENDARY LOST CRUISER (Bantam, October 2006) and THE LAST STAND OF THE TIN CAN SAILORS (Bantam 2004), winner of the Samuel Eliot Murison Award for Naval Literature and a main selection of the

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What's going on

Tributes slated for veterans

All are welcome to attend local Veterans Day observances on Saturday, Nov. 11.

The United Veterans Council of Newport County and the Newport Veterans of Foreign Wars will hold formal ceremonies on the lawn of Newport City Hall at 11 a.m., marking the exact time and day in 1918 the armistice was signed to end World War I.

Army Maj. Darman C. Place Jr., Naval War College student, will serve as guest speaker. Other participants will include The Newport Artillery Company, various veteran organizations, the Rogers High School Army Junior ROTC and local and city and legislative officials.

In other activities, the Portsmouth American Legion will hold ceremonies beginning at 9 a.m. at Town Hall on East Main Road, and the stone tower in Miantonomi Memorial Park on Hillside Avenue, Newport, will be open to the public from 12:30 to 2:30 p.m.

The park is dedicated to Newport's native sons who died in World War I.

TODAY, Nov. 9

• "Through the Eyes of a Soldier," personal black and white photo exhibit of World War II, continues through Dec. 10, Salve Regina University, University Gallery, Mercy Hall, corner of Lawrence and Leroy Avenues. Open to the public, Monday through Thursday from 11 a.m. to 4 p.m., Friday from 11 a.m. to 1 p.m. and Sunday from 2 to 4 p.m.

- Newport Public Library Bookmobile visits Reliance Row, 3 to 3:30 p.m.; Enterprise Court/Resolute, 3:30 to 4 p.m. For more information, call 847-8720, extension 115.
- Soup Kitchen, 8:30 a.m., Dr. Martin Luther King Jr. Center, Dr. Marcus Wheatland Boulevard, Newport.

FRIDAY, Nov. 10

- Veterans Day federal holiday
- Marine Corps 231st birthday. · Sovereign Bank Family Skating
- Center opens, through March 31, Newport Yachting Center, downtown Newport. Call 846-1600 for more information.
- Newport Playhouse and Cabaret Restaurant production, Bedside Manners, begins through Nov. 19, 11 a.m. and 6 p.m., Connell Highway, Newport. Visit www.newportplayhouse.com
- · Soup Kitchen, 8:30 a.m., Dr. Martin Luther King Jr. Center, Dr. Marcus Wheatland Boulevard, Newport; Salvation Army, Memorial Boulevard, 5 to 5:45 p.m.

SATURDAY, Nov. 11

- Veterans Day proper
- Veterans Council Veterans Day Committee observances: 8:30 a.m., wreath-laying at Honor Roll Garden on Hope Street; 9 a.m. ecumenical memorial service, R.I. Veterans Home Chapel, Metacom Avenue; 10:30 a.m., Frank J. Williams, Chief Justice of the Supreme Court of Rhode Island, speakers in heated tent on the grounds at the Veterans Home.
- · Veterans Day ceremonies, The R.I. Division of Veterans Affairs, State Room of the Rhode Island State House, Providence, 1 p.m.

SUNDAY, Nov. 12

- · Chapel of Hope worship ser-
- Protestant service, 8 and 10:30
- Catholic mass, 9 a.m.
- Seal Watching continues through Nov. 19, 10 a.m. to 2 p.m., Kayakcentre, Phillips Street, Wickford, travel waters around Wickford in double kayaks and get a up close view of harbor seals. For more information, visit www.kayakcentre.com
- 23rd Annual Taste of Newport, 5:30 p.m., Hyatt Regency Hotel, Goat Island, Newport. Sample the creations of more than 45 of Newport County's best chefs and caterers. Call 848-4101 for more information.

MONDAY, Nov. 13

• University of Rhode Island (URI) veterans salute. Military personnel receive four free tickets to URI men's basketball game, Rams vs. University of Houston Cougars, 7 p.m., Ryan Center box office.

TUESDAY, Nov. 14

• Newport Navy Choristers rehearse, 6:15 p.m., Quinn Lecture Room, Naval War College.

WEDNESDAY, Nov. 15

• Soup Kitchen, 8:30 a.m., Dr. Martin Luther King Jr. Center, Marcus Wheatland Boulevard, Newport.

THURSDAY, Nov. 16

- Island Foghorns Toastmasters Club meets, 4:30 to 5:30 p.m., Middletown Public Library, 700 West Main Road, Middletown. Opportunity to develop communication and leadership skills in a fun, social and non-intimidating environment. Call Mary Ann Grota, 841-4196. Also, Dec. 7 and 21.
- Newport Public Library Bookmobile visits Reliance Row, 3 to 3:30 p.m.; Enterprise Court/Resolute, 3:30 to 4 p.m. For more information, call 847-8720, extension 115.

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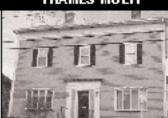
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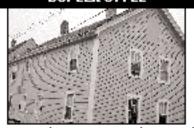
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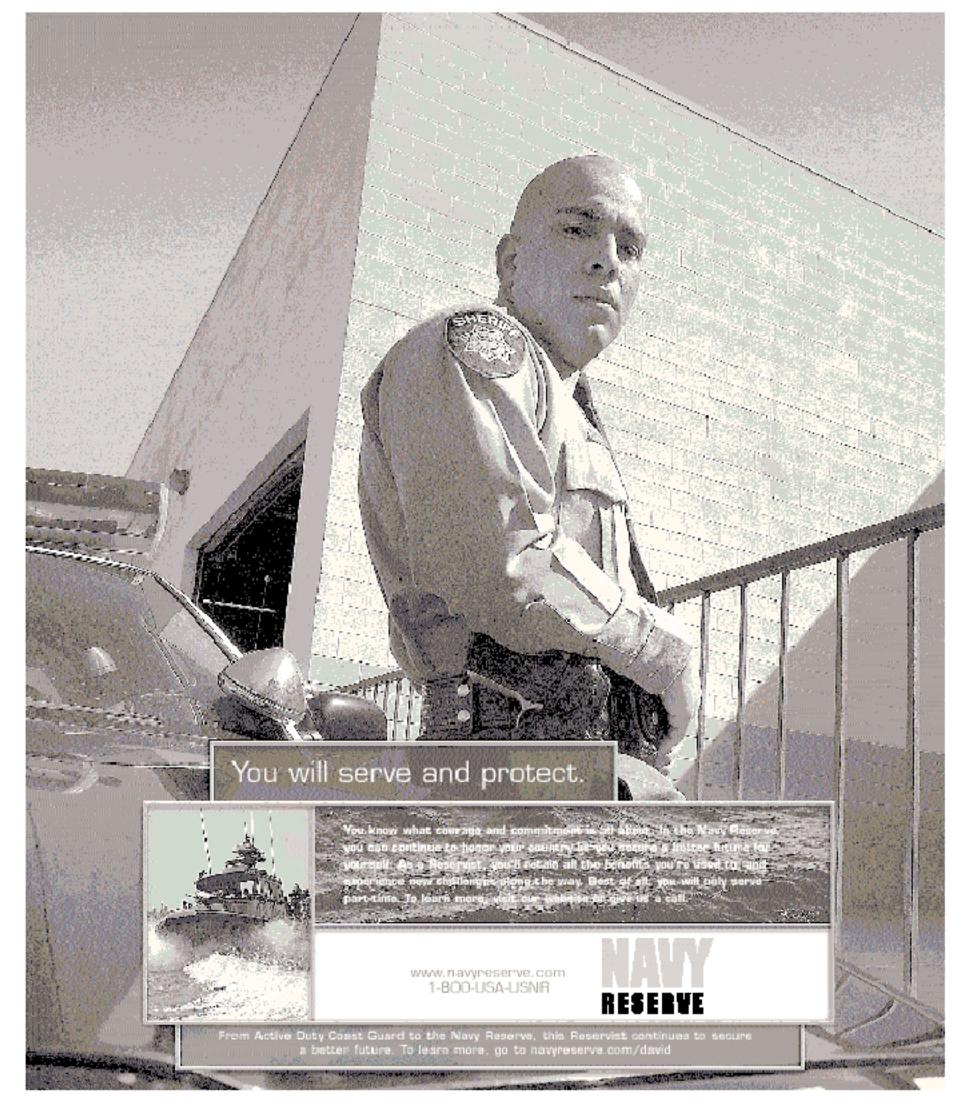
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2007 Plan Guide and Individual Plan brochures are available http://www.opm.gov/insure/he alth/index.asp

FAQ's regarding the FEHB program are online at http://www.opm.gov/insure/he alth/qa

To enroll during open season go to EBIS online at https://www.civilianbenefits.hr the FEDVIP General Informaoc.navy.mil and click on the EBIS link. For assistance contact The Benefits Line 1-888- Eastern Time, weekdays.

Naval Station Newport 320-2917, Monday to Friday employees are welcome to the 7:30 a.m. and 7:30 p.m., except federal holidays.

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3. New: Dental and vision coverage (FEDVIP):

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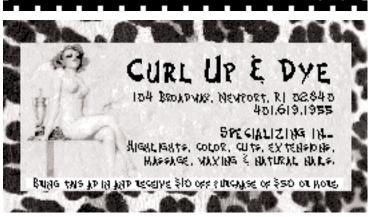
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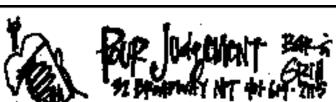
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Saratoga Foundation wins \$6.5 million financing loan

The decommissioned aircraft carrier Saratoga, currently berthed at Pier 1, Naval Station Newport, took a step closer last weekend to becoming the centerpiece for an Air, Land & Sea Heritage and Technology Park the Quonset/Davisville Naval Air Station.

The USS Saratoga Museum Foundation last Friday unveiled a \$6.5 million financing deal with Independence Bank of East Greenwich, backed by the U.S. Department of Agriculture, that provides "the critical mass of funding" for its plan to establish a family attraction, educational center and memorial featuring the retired aircraft carrier.

"Pier space was reserved for us at Davisville until May 1, 2007," noted Frank Lennon, the foundation's president. "But the biggest condition was to show that we could raise \$10 million to get this project off the ground without a state subsidy."

Between the new financing and the donations and sponsorships already given or pledged, the foundation has reached that goal.

Speaking at the foundation's headquarters, Gov. Donald L. Carcieri hailed the loan commitment as "an independent confirmation of the project's feasibility and long-term stability."

"Hopefully, this latest commitment by a local bank, to be backed by the federal government, will have a positive the local economy.' effect on others contemplating contributions," said Alan providing a safe mooring for Shawn Feinstein, whose the carrier at Davisville, and pledge of more than \$1.5 million makes him one of the project's largest supporters.

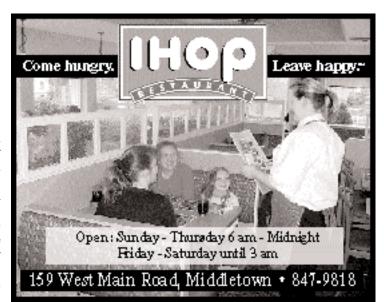
A 14-foot model of the hand to share his vision for the museum's permanent galleries, whose exhibits are to spotlight historic marine expeditions.

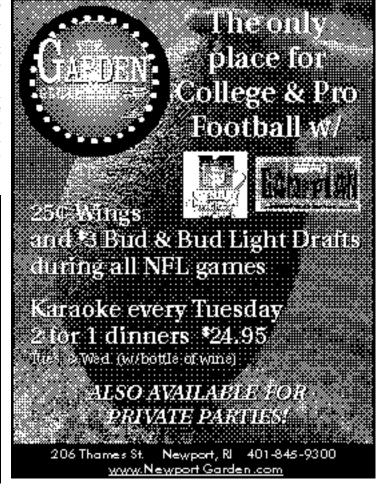
Robert Catanzaro Sr., Independence Bank's chairman and CEO, said that, "As bankers, we believe this project would be of great benefit to Rhode Island, which makes eminently worthwhile. This new money into the state and

The new loan will go toward toward related landside construction. Before the Saratoga makes its "last cruise," a number of issues still must be former Saratoga was on view at the resolved: Permits must be news conference, and exhibit obtained for the necessary designer John Evans was on construction, on land and sea, and for dredging at the vessel's future berth; environmental and historic preservation guidelines must be met; access and security concerns must be resolved; the Navy's donation of the ship must be finalized.

But it was the money that had always been seen as the biggest issue.

Besides the new \$6.5 million the financial commitment loan, the project will require \$4.5 million in equity from the project will create jobs, bring museum foundation, Lennon said. More than \$3.5 million provide a shot in the arm for already has been raised.











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Individual Navy Augmentees (IA) set out on foot patrol around the perimeter of Ft. Suse, northern Iraq, the site of the Theater Internment Facility Operations Center. About a dozen masters-at-arms attached to Naval Station Newport returned in September after a nine-month tour of duty near the Iranian border.

> Ron Fontaine and MA1 Peter Kendrick /U.S. Navy photos



IAs back from Iraq, detainee guard duty

By RICHARD ALEXANDER Navalog editor

Almost a dozen Naval Sta-

tion (NAVSTA) Newport petty



An Iragi-sized grasshopper lands on the head of Master-at-Arms Peter Kendrick on patrol one evening in northern Iraq.

spent up to nine months serv- Commendation and Achieve- said. "You always had to keep

(IA) in support of Operation Commendation to the men nition at an All Hands muster in Building 1121 last week.

They served with the Navy

Provisional in northern Iraq, of Fort Suse before." the site of the ment Operations Center. At any given time it houses 1,350 high security bers, plus Kur- Medal. dish correctional to the fort.

Capt. Malloy, Commanding Officer, housed. NAVSTSA, pre-

officers and one chief, who sented Navy and Marine Corps worst detained with us," he

Iraqi Freedom, received recog- and one woman. The awards were signed by Capt. M.R. Olmsted, battalion commanding officer in Iraq.

"It's amazing what you never Detainee Battal- hear about with the war in ion at Fort Suse, Iraq," he said. "I've never heard

He said the masters-at-arms Theater Intern- may find NAVSTA pretty tame Facility after being in Iraq. "But I want to thank you for your service, and congratulations on your awards.'

Chief Master-at-Arms risk Robert Beachy, was the interndetainees. There ment center CPO, from Januwere 650 U.S. ary 2006 to last September. He service-mem- received a Commendation

Beachy said police on guard about 450 miles north of Baghduty and region dad and 19 miles from the patrols assigned Iranian border. The high security compound was where Todd prisoners rounded up from across the country were

"We had the worst of the ing as Individual Augmentees ment Medals, or Letters of your guard up and follow pro-



A small child tries on Master-at-Arms First Class Peter Kendrick's helmet during a distribution of food and clothing to Kurdish villagers.

cedures, or they'd take advantage of it."

Master-at-Arms 1st Class (SW) Peter Kendrick, who also received a Commendation Medal, served from January to September 2006. He led 31 personnel through turnover procedures with two Army platoons, and took responsibility for seven Humvees, weapons and various combat equipment used in defending the fort. He oversaw the planning of 50 tactical patrols of the local area, and 30 community relations patrols, where over 3,000 pounds of supplies were delivered to local Kurdish villages.

The Sailors had initial IA training at Port Hueneme,

IAs, Page 11

rsday, November 9, 2006 Newport Navalog, Thu

Continued from Page 10

Calif., for 11 to 14 days, before ment of a total 24,000 heading to Ft. Bliss, Texas, for detainees during his deploymore than two months of ment, with zero incidents, Army basic infantry and which ensured the safety of all detainee operations training.



MA3 Williams

tion in they put in 12 hours days, seven days a week.

Once on sta-

while we could work in a day off, but

couldn't go anywhere. So you just would sleep in," Kendrick said.

Over the course of nine months, the weather ranged from 20 to 130 degrees, but the work was never boring. Besides duties at the fort, they patrolled across the country side, or delivered food and clothing to the Kurdish villages.

"The Kurds love us," Kendrick said. "They invite us into their home for meals." One village, Zewiya, was in the Kurdish area where civilians were gassed by Saddam Hussein.

Master-at-Arms 2nd Class James Jansma, who also served a year, stood watch over the detainees' recreation area, "ensuring an orderly high security risk detainee population of 650 detainees daily." He was a member of a 13-man processing team, which duties included escorting detainees ing, and personal body search-

He monitored the move-

U.S., Kurdish guard force personnel, Olmstead said.

Master-At-Arms 2nd Class northern Jonathan Colondresramos, special housing unit (SHU) assistant shift operator for a year of deployment, managed the custody and control of up to 47 high security risk "Once in a detainees in the Disciplinary and Administrative Segregation Unit.

> Master-at-Arms 3rd Class Stephanie Psenicka, a entry control point guard for her year's deployment, processed 200 visitors daily by thoroughly searching them for contraband.

> Machinist's Mate 3rd Class (SW) Chris Morgan, the internment facility guard, provided



MA3 Heber

and custody of more than 330 risk high detainees. He also

for the care

logged time Camp at Bucca, the coalition's primary facility for

enemy prisoners of war near Umm Qasr in southern Iraq. As of last March it held 8,500 Iraqi prisoners. Morgan was assigned as compound guard and detainee escort.

Master-at-arms 1st Class through in-and-out process- Ryan McFarland, Boatswain's Mate 3rd Class Jose Ocampo, and Masters-at-Arms 3rd Class Christopher Heber



Individual Augmentees, back from Iraq in September, pose after receiving service awards at a Naval Station Newport all hands muster. From left are MA2 James Jansma, MA3 Stephanie Psenicka, MAC Robert Beachy, MA2 Jonathan Colondresramos and BM3 Jose Ocampo.

Michael Williams, all assigned to Task Force 26, Naval Provisional Detainee Battalion, Ft. Suse, received Letters of Commendation.

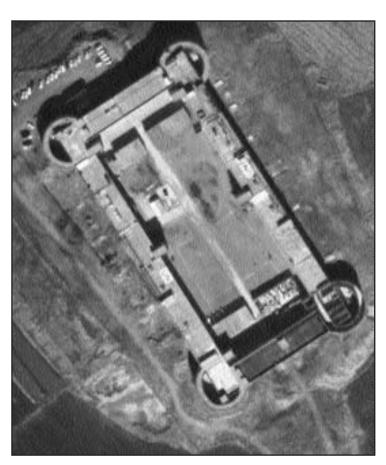
They were assigned to convoy security teams for the U.S. Army between February and September 2006.

The letters were signed by Brig. Gen. Kevin R. McBride, commanding officer, 43rd Military Police Brigade, Camp Victory, Iraq.

IA hotline for families

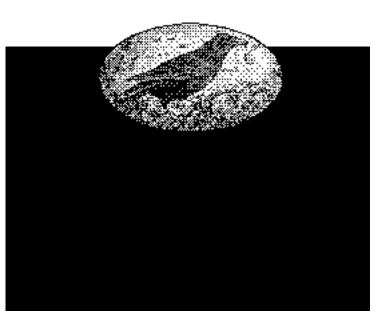
NORFOLK, Va. (NNS) — The Expeditionary Combat Readiness Command (ECRC) headquartered at Amphibious Base Little Creek, Norfolk, Va., has establisheda hotline for activeduty and reserve Sailor's families on Individual Augmentee (IA) orders.

The toll free phone number, 877-364-4302, provides IA family members a way to find the information or resources they may need while their Sailors are deployed.



FORT SUSE in northern Iraq is seen in this unclassified satellite view over the Internet. It houses 1,400 high security risk detainees in the war on terrorism and Operation Iraqi Freedom.







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Thu Newport Navalog,

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November 2006 Holiday Hours of Operation for The MMR Department

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	Fri., 10 Nov.	Wed., 22 Nov.	Thurs., 23 Nov.	Fri. 24 Nov.	Sat., 25 Nov.	Sun., 26 Nov.
MWR Admin	CLOSED	8 a.m. to 4:30 p.m.	CLOSED	CLOSED	CLOSED	CLOSED
Bowling Ctr.	UNDER CONSTRUCTION					
EM & CPO Lounge	CLOSED	4 to 11 p.m.	CLOSED	4 to 11 p.m.	4 to 11 p.m.	CLOSED
Computer Cafe	CLOSED	12 to 6 p.m.	CLOSED	12 to 6 p.m.	12 to 6 p.m.	CLOSED
Liberty Ctr.	2 to 9 p.m.	4 to 9 p.m.	CLOSED	4 to 10 p.m.	12 to 10 p.m.	2 to 9 p.m.
O' Club	11 a.m. to 11 p.m.	11 a.m. to 10 p.m.	12 to 4 p.m.	11 a.m. to 3 p.m.	CLOSED	CLOSED
Gym 109	9 a.m. to 6 p.m.	5 a.m. to 9 p.m.	CLOSED	7 a.m. to 7 p.m.	7 a.m. to 7 p.m.	9 a.m. to 5:30 p.m.
Fitness Plus	CLOSED	5 a.m. to 7 p.m.	CLOSED	CLOSED	CLOSED	CLOSED
Pool 307	CLOSED	11 a.m. to 1 p.m. & 3 to 6 p.m.	CLOSED	11 a.m. to 1 p.m. & 3 to 6 p.m.	9 a.m. to 1 p.m.	12 to 5 p.m.
ПТ	CLOSED	9:30 a.m. to 12 p.m.	CLOSED	CLOSED	CLOSED	CLOSED
Auto Skills	CLOSED	11 a.m. to 7 p.m.	CLOSED	CLOSED	CLOSED	CLOSED
Vet Clinic	CLOSED	9 a.m. to 4 p.m.	CLOSED	CLOSED	CLOSED	CLOSED
NWC Cafe	CLOSED	Regular Hours	CLOSED	CLOSED	CLOSED	CLOSED
ORR	CLOSED	10 a.m. to 6 p.m.	CLOSED	CLOSED	CLOSED	CLOSED

Aerial photos of naval complex available

in which we live and work. Newport is one of the busiest tourist areas on the Northeastern seaboard.

The Navy Exchange (NEX) tourists purchase in town at a fraction of the price non-Department of Defense affiliates pay.

Aside from the items stocked

One of the many benefits of feature inventory, items like years in his 172 Cessna. He has being assigned to a unit in Newport sweatshirts and the Newport is the beautiful area ever present lobster stuffed animal, NEX is now featuring photographs by New England Wings, a small business owned and operated by Lori Shaker.

Ms. Shaker gets her supply features many of the items of photos with the help of local pilot G. Gordon Silvia, a former Marine and Disabled American Veterans (DAV) of Vietnam.

as part of their regular local skies over Rhode Island for 12

assisted the Navy by photographing beautiful aerial views of the base and ships in the past.

These photos make excellent going away gifts, mementoes of a successful tour in Newport or a beautiful addition to home or office décor.

Stop by and visit. New England Wings is just one of the Silvia has been flying the many reasons to shop at your local Navy Exchange.

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Tuesday, November 14, 2006

5:00 p.m. - 7:00 p.m.

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Mexi directors from each program. Learn about applying for financial aid. Register on site.

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72

Announcements

Commissary adds hours

In an effort to meet customer holiday shopping needs, the hours of operation at the Commissary at Naval Station (NAVSTA) Newport the week of Thanksgiving will be as follows:

Sunday, Nov. 19, 9:30 a.m. to 5 p.m. Monday, Nov. 20, 9 a.m. to 7 p.m. Tuesday, Nov. 21, 9 a.m. to 7 p.m. Wednesday, Nov. 22, 9 a.m. to 7 p.m. Friday, Nov. 24, 9 a.m. to 7 p.m. Saturday, Nov. 25, 9 a.m. to 6 p.m.

Turkey dinners, anyone?

Morale, Welfare and Recreation (MWR) Department is offering a traditional Thanksgiving dinners for about eight to active duty personnel, retirees and their family members for \$50.

The pre-cooked holiday dinner can be picked up on Wednesday, Nov. 22, and consists of a fully-cooked whole Butterball turkey, gravy, stuffing, mashed potatoes, butternut squash, cranberry relish, one dozen fresh dinner rolls, and a fresh apple pie; or a spiral ham, mashed potatoes, butternut squash, broccoli au gratin, ham glaze, one dozen fresh dinner rolls, and a fresh apple pie.

The MWR Administration Office will accept orders in person in Building 1121 (second floor) through Thursday, Nov. 16, Monday through Friday, between 8 a.m. to 4 p.m.

For more information, call 841-2643.

MWR facilities closed

On Veterans Day federal holiday tomorrow, Nov. 10, Gym 109 will be open from 9 a.m. to 6 p.m., the Liberty Center will be open from 2 to 9 p.m., and the Officers' Club will be open from 11 a.m. to 11 p.m.

The following facilities will be closed: Morale, Welfare and Recreation Administration, Information, Tickets and Travel, Fitness Plus, Computer Café, Pool 307, Auto Skills, Enlisted and CPO Club.

The Marina is closed for the season and the Seaview Bowling Lanes is closed for renovations

Food boxes distributed

The 2006 Caring and Sharing drive, consisting of holiday food collection boxes, is underway at Naval Station Newport. Coordinated by the Fleet and Family Support Center with assistance from the Chapel of Hope, the goal is to help ensure a joyous holiday period for all of our attached personnel who may be in need this holiday season.

Boxes have been placed all over NAVSTA, including the front of the Chapel of Hope. Dried, canned or prepared foods will be accepted.

For information, see your command's Caring and Sharing representative or contact Religious Program Specialist 1st Class(SW) C.J. Casey at the Chapel of Hope at 841-2234.



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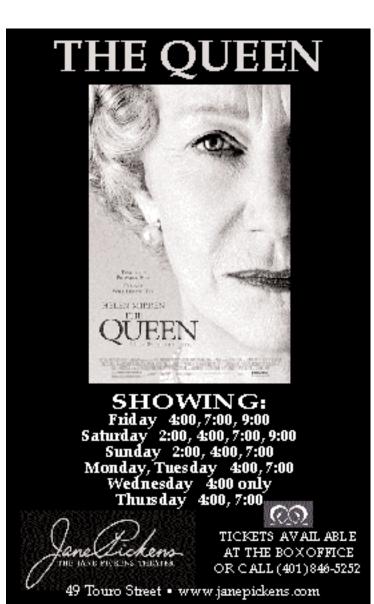
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(Recreation Center Building 656, 841-3054)

Hours of operation, Monday to Thursday, 4 to 9 p.m.; Friday, 4 to 10 p.m.; Saturday, noon to 10 p.m.; and Sunday and holidays, 2 to 10 p.m.

November events:

Tonight — Pool tournament, 7 p.m., with prizes for first and second place

Nov. 10 — Veterans Day holiday. Liberty Center is open 2 to

Nov. 11 — Madden '07 Tournament, 7 p.m., with prizes for winners

Nov. 12 — Football Sunday Center open at 1300 — Free popcorn!

Nov. 16 — Ping Pong Tournament 7 p.m.

Nov. 17 — Texas Hold 'em Tournament 7 p.m. Prizes for top three finishers

Nov. 18 — Free Make Your Own Ice Cream Sundae - 7

Nov. 19 — Football Sunday center open at 1 p.m. - Free popcorn!

Nov. 21 — Pumpkin Pie Day—Enjoy early Thanksgiving dessert while it lasts!

Nov. 23 — Thanksgiving Day, Liberty Center is closed

Pool 307

(Pool 307, 841-6628)

Swimming lessons for all skill levels are offered, preschool (ages 3 to 5) and Level 1, 2 and 3 (ages 6 and up). All registrations take place at the athletic director's office in Gym 109 Monday to Friday from 9 a.m. to 4 p.m. For more information, call the aquatics director at 841-7196.

Upcoming lessons: The next session takes place Nov. 20 to

Charles P. Columpar Jr., DMD INC Wayne A. LaBore, DDS CDR, DC, USN(RET) Charles F. McCaffrey DDS Family Dentistry 477 E. Mein Rd. Middletown , R102942 (401) 845-6265 440 Broedwey, Newport, RI02940 (401) 846-8407

ing on Friday, Nov. 10. The cost is \$45 per seven-class session, and meets twice a week (no classes on Thanksgiving).

Aerobics/ exercise

(Gym 109, Building 109, 841-3154)

MWR Fitness classes: Stop by Gym 109 or Fitness Plus today and pick up the new fitness schedule. There are a variety of classes including water aerobics, extreme cardio kickboxing and cycling classes.

Classes are taught at Gym 109 as early as 6 a.m. and as late 6 p.m., Monday through Friday. There is a class to fit

Dec. 14 with registration start- into nearly everyone's hectic schedule!

They're free for active duty and \$1 for reservists, dependents, retired and \$2 for Department of Defense per-

Call the Athletic Office at Gym 109 at 841-7196 or Fitness Plus at 841-1474 for more information.

Music/games

(Building 656, 841-2575)

• The next Karaoke night will be next Saturday, Nov. 18, at 8 p.m. Showcase your talents with golden oldies, country hits, and of course, today's top tunes. No cover charge, open to all hands. For more information, call the Recreation Center at 841-3054.



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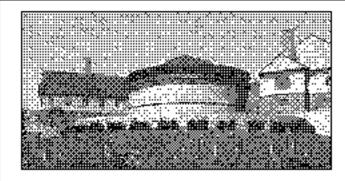
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Newport Navalog, Thu

November 9, 2006

Information, Tickets and Travel

ITT has your ticket

Information, Tickets and Travel has discount tickets to the following:

At the Providence Performing Arts Center: Movin' Out on Dec. 3, at 6:30 p.m., \$54 each Man of La Mancha on March 31, 2007, at 2 p.m., \$29.50 each

At the Dunkin Donuts Center:

Transiberian Orchestra on Dec. 17, at 7:30 p.m. \$49 each

Don't miss Macy's Parade

Don't miss your chance to see the famous Macy's Thanksgiving Day Parade, highlighted by magnificent floats, giant balloons, fabulous marching bands, celebrities and of course, Santa Claus.

The Information, Tickets and Travel Office will travel to New York on Thursday, Nov. 23, for this must-see event and they want you to come along! Cost is just \$48 per person.

The bus departs at 5 a.m. and returns at 6 p.m., so you will still be able to enjoy Thanksgiving dinner when you return. This trip will sell out, so sign up today! Register at the Information, Tickets and Travel Office, Building 1121 or call 841-3116 for more information.

New York City bus trip

Get a jump on the holiday season with tickets to the Information, Tickets and Travel Office Radio City Christmas Spectacular bus trip on Thursday, Dec. 14. This is a wonderful gift for your entire family that will be remembered for years to come. This trip is an annual sell out and tickets are limited, so act fast!

Per person cost is \$88 and includes round trip motorcoach transportation and ticket for the 11

a.m. matinee performance. The bus departs at 5 a.m. and returns at 10 p.m. There will be ample time after the performance to shop or sightsee.

If you'd rather shop 'til you drop, hop on board and experience Christmas shopping New York style! See the spectacular Rockefeller Center Christmas tree with it's 78,000 lights, visit one of the best toy stores ever, FAO Schwarz, or shop for the latest fashions.

Trip price is just \$48 per person and space is limited. Register at the Information, Tickets and Travel Office, Building 1121.

Bruins tickets available

The ITT Office at MWR has tickets to the following Boston Bruins games at the TD Bank North Garden:

Nov. 18 at 7 p.m. vs. Washington Capitals Dec. 9 at 7 p.m. vs. New Jersey Devils Jan. 15 at 1 p.m. vs. Buffalo Sabres Jan. 20 at 7 p.m. vs. Ottawa Senators Feb. 10 at 7 p.m. vs. N.Y. Islanders March 3 at 7 p.m. vs. Montreal Canadiens March 31 at 1 p.m. vs. Atlanta Thrashers

One-week vacations offered at discount

All active duty and retired military personnel, reservists and DoD personnel are eligible to participate in the Armed Forces Vacation Club. The club provides one-week vacations on a space available basis for \$299 at locations throughout the world.

For complete information, visit the Armed Forces Vacation Club website at *www.afvclub.com* (when booking a reservation use installation #163).

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The Naval Station Newport Intramural Football League playoffs began this week, with the championship game planned for Nov. 14.

The final standings as of Nov. 5 follow:

NAVSTA Patriots def. NWC Staff, 19-7

Kool-Aid def. NOSC, 14-6 NWC Students def. SWOS DH Class 189, 7-6

NJS def. One Pelham East, 7-

NWC Staff def. NUWC Social Club, 7-6

NACC def. Kool-Aid, 20-18 SWOS DH Class 189 def. One Pelham East, 14-0

NWC Students def. Nineties, 28-12

Law Dawgs def. NJS, 24-18 NACC def. NWC Students, 27-20

Standings

Law Dawgs	.10-0
NAVSTA Patriots	9-1
NACC	8-2
NWC Students	9-3
SWOS DH Class 189	6-5
NWC Staff	6-5
Kool-Aid	4-5
NJS	3-7
One Pelham East	3-8
NUWC Social Club	2-8
Ninettes	2-8
NOSC	2-9

Results from the week ending Oct. 27 follow:

NJS def. NOSC, 20-0 NACC def. DH Class 189, 13-

Law Dawgs def. NWC Staff,

Social Club def. DH Class 189, 14-13

Nineties def. NJS, 18-13 NACC def. NWC Staff, 27-6 Kool Aid def. Nineties, 26-7 Law Dawgs def. NOSC, 27-7 NAVSTA Patriots def. NJS, 13-0

One Pelham East def. NWC Staff, 26-0

DH Class 189 def. Kool Aid,

Ski Shop

Ski Shop now open

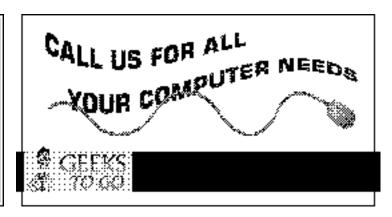
The Outdoor Recreation Rental-Ski Shop is open for ski/snowboard tune-ups and ski fittings. Rentals will be available by mid-November.

For information, call 841-



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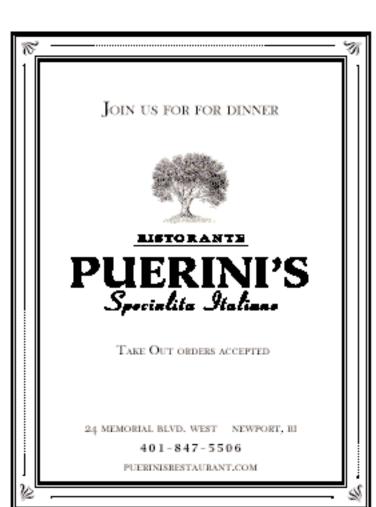


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Continued from Page 3

telling himself he would only have one. It wasn't until his wife had knee surgery and he assumed household task that he became serious about quitting. This time he left the patch in place.

"I was carrying a basket of clean linen upstairs," said the retired senior chief mess management specialist who served 28 years. "When I reached the top of the steps, I was so winded I had



to sit down for 10 minutes. It scared assist individuals in successfully quitme."

McLeroy learned he had to establish new routines and better habits. He used to light up at a specific traffic light near his home, so he started taking a new route.

He said using strategies such as taking a walk and drinking water also helped ease his cravings.

McLeroy said he can now climb the stairs without getting winded. He said quitting was the right decision, as he equates declining health to declining independence.

Smoke free for six months, Army Sgt. James Buckley said he was motivated to participate in the Tobacco Cessation Program for two reasons: The threat of serious health problems and a deal with his 5-year-old grandson.

Buckley would give up cigarettes.

Peer pressure persuaded Buckley to start smoking at age 12. He wanted to be "cool" with his friends.

Buckley and the others agreed that the cessation process, handouts and the "after care" were the keys to success.

"The program here (NACC) and the facilitators are superior," said Carroll, who surmises a comparable program in

the civilian sector would be costly. "It is a very valuable benefit and I don't understand why more people don't take advantage of it."

The Health Promotion Clinic offers New Tobacco cessation classes every month for four weeks. It is designed to assist people who are ready to start their journey into a tobacco free life.

The program provides participants with the tools, motivation, support, and medications that can

ting tobacco use.

According to the American Cancer Society, an estimated 45 million adults in the United States currently smoke. Eighty-seven (87) percent of lung cancer is attributable to smoking and is the leading cause of cancer deaths in the United States.

Strong associations between cigarette smoking and cancers of the mouth, tongue, throat, larynx, esophagus and pancreas have also been proven.

The American Heart Association reports second-hand smoke, or passive smoking, is responsible for more than 3,000 lung-cancer deaths.

For more information about Navy Smokeout Day or smoke cessation and support programs, contact the NACC If the boy gave up his "binky" pacifier, Health Promotion Clinic at 841-6777.

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The Newport Daily News **PRODUCTION**

ASSISTANT

The Newport Daily News is seeking a Production Assistant to work in the Prepress Department. This part-time position includes scanning, troubleshooting supplied material using PitStop, proofreading and other day to day tasks associated with graphics. Applicant must be proficient in Quark Xpress and PhotoShop, Internet knowledge helpful. This part-time position. requires a high level of accuracy and efficiency.

> Email Resume to: Dianne Reed Reed@NewportRI.com or Fax: 401-849-3335

Strasser

Continued from Page 4

learning experience possible. It is also responsible for the Naval War College Museum and the museum's gift shop.

The college acknowledged Strasser's service to the foundation with a retirement dinner at the Atlantic Beach Club on Sept. 25 where Shuford, presented Strasser with the Department of the Navy's Distinguished Public Service Award.

Also, on Oct. 31, the War College dedicated the dining room in Hewitt Hall to Strasser in recognition of his contributions.

Strasser ended his active duty Navy career as the longest serving president of the college, a position he held for five years.

During his time as president, Strasser brought prestige upon the college by earning accreditation from the New England Association of Schools & Col-

Strasser, along with former college president, Rear Adm. Ronald J. Kurth, knew that the college's curriculum was demanding and warranted academic certification for the students' accomplishments. Thanks to Strasser and Kurth's efforts, resident students at the War College receive a Master of Arts degree in National Security & Strategic Studies.

When Strasser left the military he accepted an appointment at Pennsylvania State University, but a few years later decided to return to Rhode Island. In 2000 he accepted his current position at the foundation. He was originally supposed to retire in 2005, but he decided to stay on longer while the foundation searched for a suitable successor.

His successor will be retired Rear Adm. Roger T. Nolan.



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